

Manual Handling Awareness

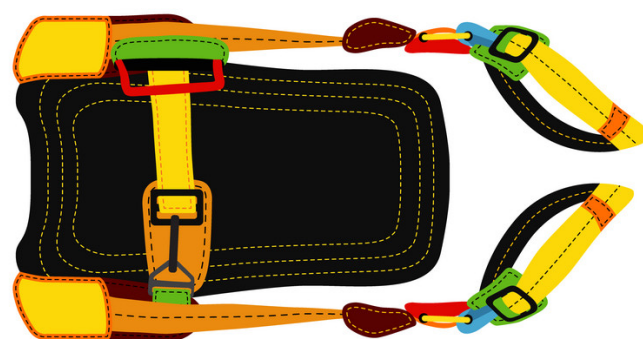
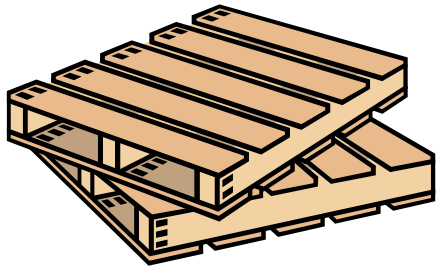
Highland Gliding Club

9 April 2022



What is Manual Handling?

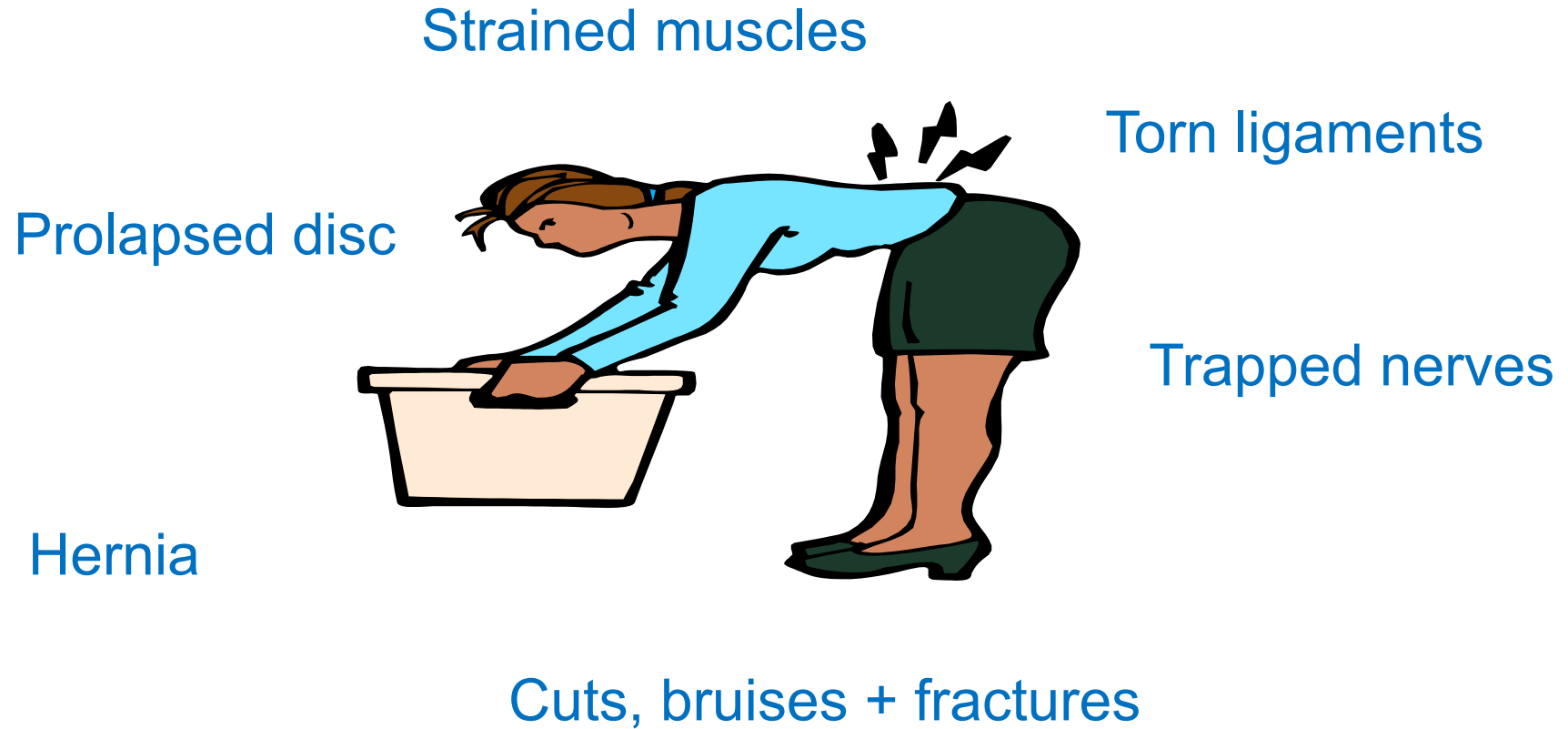
“Any transporting or supporting of a load (including the lifting, putting down, pushing, pulling, carrying or moving thereof) by hand or bodily force.”



OBJECTIVES:

- Raise awareness of risks to health from poor manual handling.
- Raise awareness of risky manual handling situations.
- Identifying early signs of Musculo-Skeletal Disorders (MSDs)
- Reinforcing safe manual handling techniques

Types of Injury

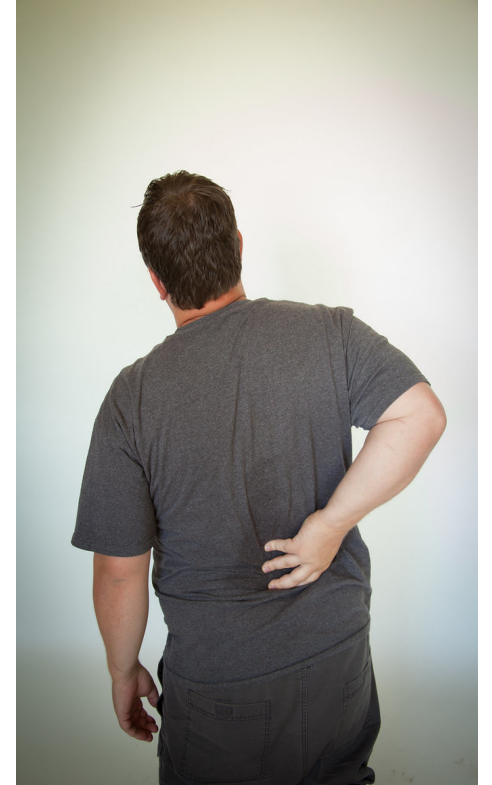


The health effects of poor manual handling:

Musculoskeletal Disorders

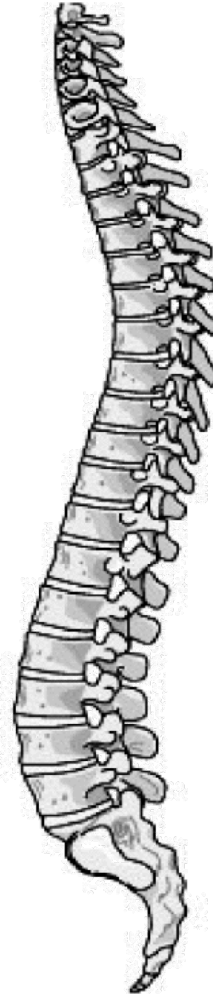
- Acute physical injuries caused by manual handling;
and/or
- Chronic ill health from back and lower limb disorders.

Remember: Young people can be damaged as well as the old



The Spine

- **Functions**
 - supports upper body
 - encloses and protects spinal cord
 - allows movement in all directions
- **3 curves**
 - Lumbar region supports most of the weight



Cervical vertebrae

Thoracic vertebrae

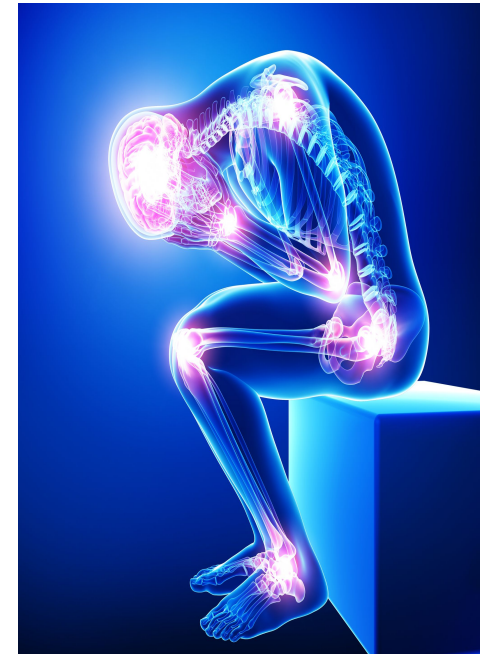
Lumbar vertebrae

Sacrum

coccyx

Early Signs of Musculoskeletal Disorders (MSDs)

- **Persons who are undertaking manual handling tasks may be visibly struggling with loads they previously had no problem handling**
- **Persons may be avoiding lifting operations**
- **Persons may be complaining of aches and pains**



Higher Risk Tasks - Movement

- Holding loads away from the body
- Twisting, stooping or reaching upwards
- Large vertical movements
- Long carrying distances
- Strenuous pushing or pulling

Higher Risk Tasks - Load

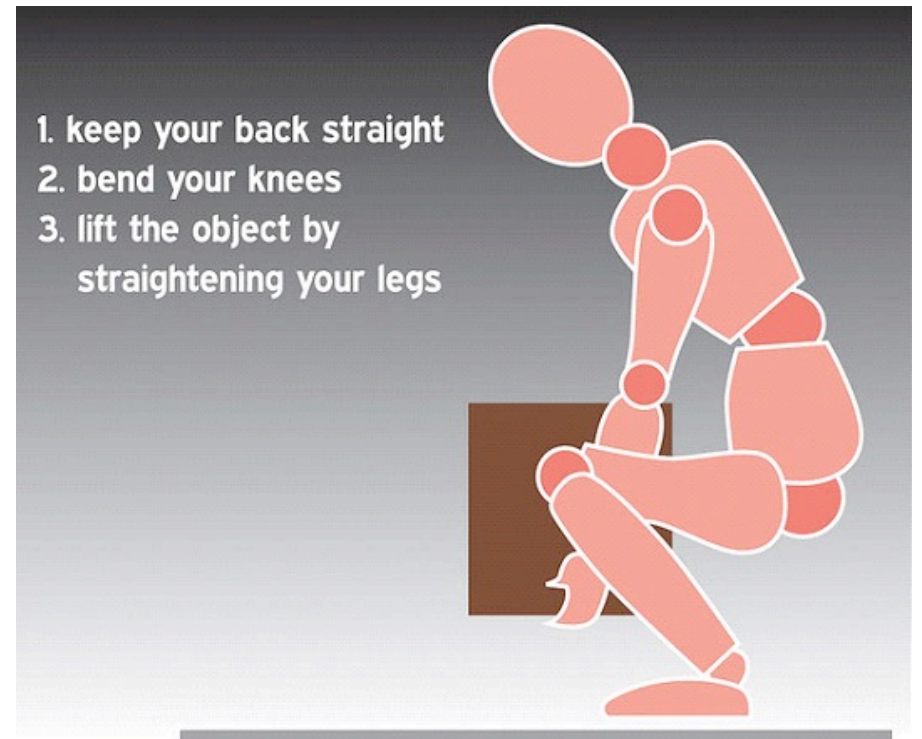
- Heavy, bulky, unwieldy
- Difficult to grasp
- Unstable or likely to move unpredictably
- Harmful eg sharp, hot
- Awkwardly stacked
- Too large for the handler to see over

Higher Risk Tasks - Environment

- Constraints on posture
- Bumpy, obstructed or slippery ground
- Variation in levels
- Hot/cold/humid conditions
- Gusts of wind or other strong air movements
- Poor lighting conditions
- Restrictions on movement or posture from clothes

Technique for Lifting

- Think before lifting/handling, assess the load, environment and technique
- Keep the load close to the waist
- Adopt a stable position
- Adopt a good posture, feet apart, knees bent, back straight, head up
- Get a good hold on the load
- Don't flex the back any further when lifting
- Avoid twisting the back or leaning sideways
- Keep the head up
- Move smoothly
- Don't lift or handle anything more than can be easily managed



Technique for Pushing & Pulling

- Always push rather than pull as long as the load can be seen over and steering and stopping controlled
- Slopes – higher force will be required so get help if needed
- Uneven/soft surfaces – higher force required so get help if needed
- Slippery surfaces – take additional care, move slowly and deliberately
- Stance – keep feet away from the load
- Pace – Go no faster than walking pace

